



COMMONWEALTH of VIRGINIA

Department for the Aging

Jay W. DeBoer, J.D., Commissioner

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Jay W. DeBoer, J.D., Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Ellen Nau, Human Services Program Coordinator

DATE: August 19, 2003

SUBJECT: Hospice – *conversations before the crisis*

Last Acts, a national coalition to improve care and caring at the end of life, has published a pamphlet that offers conversation triggers to begin discussing difficult end of life issues. Also included in the publication are sample dialogues and a resource listing on end of life issues.

To access a PDF file of the pamphlet contact:

<http://www.lastacts.org/files/resources/CrisisConvo.pdf>

To order hard copies of the publication send an email to lastacts@aol.com.

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MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Ellen Nau, Human Services Program Coordinator

DATE: August 19, 2003

SUBJECT: Best Practices in Caregiving - Publications

Family caregivers frequently have to advocate for palliative care for relatives in long term care facilities such as nursing homes. A 16 page booklet produced by The National Alliance for Caregiving (NAC) and Relatives of Institutionalized Aged (FRIA) Provides information for improving the comfort of persons suffering from chronic disease such as multiple sclerosis, pulmonary disease, Alzheimer's etc. Entitled "Palliative Care: Complete Care Everyone Deserves", Funded by a grant From the Fan Fox & Leslie R. Samuels Foundation, "Palliative Care: Complete Care Everyone Deserves" is free by request from info@caregiving.org or by downloading from www.caregiving.org/care.pdf.

Further research in the area palliative care reveals that The Robert Wood Johnson Foundation's Center to Advance Palliative Care (CAPC) will help initiate six Palliative Care Leadership Programs for medical professionals. One of the centers will be located in Virginia at the Massey Cancer Center. For further information contact CAPC at (212) 201-2670 or www.capc.org.

Now available on the National Center on Caregiving website is a new fact sheet entitled ***Women and Caregiving: Facts and Figures***. A copy may be downloaded from the organization's website: http://www.caregiver.org/factsheets/women_caregiving_facts.htm. Also, copies can be ordered for \$1.00 per copy from the National Center on Caregiving, Family Caregiver Alliance, 690 Market St., Ste.600, San Francisco, CA 94104.

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MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Ellen Nau, Human Services Program Coordinator

DATE: August 19, 2003

SUBJECT: National Family Caregiver Support Program – Caregiver Internet Learning Opportunities

The Caregiving Listserve recently sent out a short article summarizing “Internet Health Resources” study from the Pew Internet and American Life Project. The study notes that some six million caregivers are now online and they are far more active on the internet than the general online user. 55% of the online caregivers looked for information on prescription or over the counter drugs and 62% looked for information on particular medical procedures. The premise is that caregivers are making decisions on drug and medical treatments for their loved ones. Tim Carpenter, a strategist for Heartbeat Digital, submitted the summary to the listserv.

A new resource on health information, Health Compass, www.healthcompass.org, is noted by the National Alliance for Caregiving in a contribution to the Caregiving Listserv. The American Federation for Aging Research and the Merck Institute of Aging & Health sponsor Health Compass. The website provides three easy to use curricula on 1) searching the WEB for health information; 2) evaluating the health information you locate; and 3) making informed healthcare decisions.

Caring and Connecting: Online Experiential Learning about Eldercare and Technology Matters will offer an online workshop that will repeat three times during the year if there is enough participation. The workshop will last four weeks and will begin as soon as six people are registered. Continuing education credits and hours toward a certificate in

SUBJECT: National Family Caregiver Support Program – Caregiver Internet Learning Opportunities

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gerontology will be offered to participants in the course. Caregiving topics, guidelines for using e-mail, pointers to Internet resources, a study of group dynamics and the psychology of caregiving are some of the curricula topics. The workshop is co-sponsored by the Gerontology Center of Boston University in conjunction with its Professional Education workshops and Dr. Lauren E. Storck of Caring and Connecting and has a \$79.00 fee. For further information visit <http://www.bu.edu/gerontology/Eldercare/caringandconnecting.htm>.

Free web seminars are now available for those working with older adults who are driving. Three web seminars will be available “on demand” from now until December 3.

1. When Driving is a Problem: Talking to Families About Difficult Decisions.
2. Promoting Safety and Independence Through Older Driver Wellness.
3. Assessment of Driving Capacity.

The American Society on Aging is sponsoring these web seminars. For session descriptions and registration information visit www.asaging.org/webseminars.

The National Resource Center on Supportive Housing and Home Modification is offering online training as part of the Caregiver Adaptations to Reduce Environmental Stress (CARES). Funded by the Administration on Aging, National Family Caregiver Support Program, this training is designed to enable members of the aging network to reduce caregiver stress and strain by using environmental coping strategies. Information on the training sessions, that are free to Area Agency on Aging staff, is available at www.homemods.org.

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MEMORANDUM

TO: Executive Directors
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FROM: Ellen Nau, Human Services Program Coordinator

DATE: August 19, 2003

SUBJECT: Conferences for Professionals Working in the Aging Network

The ***National Summit on Creating Caring Communities*** sponsored by the Administration on Aging (AoA) will be held September 21-23, 2003 in Orlando, Florida. Sessions will include information on

- Creating a More Balanced System of Long-Term Care;
- Building Effective Disease Prevention and Health Promotion Strategies into Community Care; and
- Supporting our Nation's Family Caregivers.

Easter Seals' Project Action will sponsor a workshop on assessing transportation options on Sept. 15-16 in St. Louis, MO and on Dec. 4-5 in Washington, D.C. Entitled **People on the Move: Using All Transportation Options (ADA and beyond...)**. The free workshop is part of an initiative to promote transportation options in local communities for the disabled and elderly. For further information, contact Easter Seals at (800) 659-6428 or www.projectaction.org/potm/potm.html.

A "by invitation only" conference to prepare individuals to have a family caregiving workshop in their local community will be sponsored by the National Family Caregivers Association on September 25-26, 2003 in San Francisco, California. For further information on ***Communicating Effectively with Healthcare Professionals***, visit www.nfcacares.org.

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Early registration for the 4th International Respite Conference ends on Friday, August 22, 2003. The conference will be held on September 16-19, 2003 at the Royal Pacific Resort, Universal Orlando, Florida. For further information on the agenda and registration fees visit <http://www.archrespite.org/2003RegistrationbrochureFINAL4-9-03.pdf>. Entitled, **A *UNIVERSAL BREAK*, Respite for Caregivers**, the conference is sponsored by ARCH The National Respite Network.

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Jay W. DeBoer, J.D., Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Janet L. Honeycutt
Director of Grant Operations

DATE: August 19, 2003

SUBJECT: July Unmet Needs Report

Attached, please find the Unmet Needs Report for the month of July. The following is a good definition of what this report is and is not.

The Unmet Need data supplied to us by the AAA's reflect a "snapshot" of the unmet service demand in their area for one month each quarter (January, April, July, and October).

This information does not estimate demand, number of persons served or number of persons underserved.

It does report only the demand that is actually assessed, reassessed or requested during the month being reported.

It does not report the maximum possible demand unless that is the actual assessed demand.

It does connect each unit of service demand to a specific individual.

Hope this is of some assistance. If you need any clarification on this report or it's data, please feel free to contact me at 662-9341 or via e-mail.

VIRGINIA DEPARTMENT FOR THE AGING
Unmet Demand for July, 2003

	Adult Day Care			Home Delivered Meals			Homemaker			Personal Care			Residential Repair			Transportation			
PSA	Unmet	Persons	Persons	Unmet	Persons	Persons	Unmet	Persons	Persons	Unmet	Persons	Persons	Unmet	Persons	Persons	Unmet	Persons	Persons	PSA
	Demand	Unserved	Under-	Demand	Unserved	Under-	Demand	Unserved	Under-	Demand	Unserved	Under-	Demand	Unserved	Under-	Demand	Unserved	Under-	
	(hours)		served	(meals)		served	(hours)		served	(hours)		served	(homes)		served	(trips)		served	
1	1,413	6	8	16,085	190	393	15,771	370	153	3,160	39	23	127	142	25	5,340	278	140	1
2	228	0	3	14,821	71	353	7,409	192	8	447	0	62	195	195	0	33	4	11	2
3	0	0	0	46,238	276	881	8,006	116	162	1,983	12	26	56	21	35	16	2	6	3
4	0	0	0	10,965	0	254	9,465	139	171	0	0	0	0	0	0	1,243	16	58	4
5	0	0	0	192	0	37	102	1	3	284	12	0	0	0	0	0	0	0	5
6	0	0	0	14,574	143	612	0	0	0	0	0	0	2	2	0	5	5	0	6
7	0	0	0	1,487	8	29	20	4	0	79	1	2	0	0	0	0	0	0	7
8A	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	8A
8B	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	12	4	2	8B
8C	9,648	56	1	396	3	6	10	1	0	0	0	0	0	0	0	84	5	1	8C
8D	0	0	0	1,563	0	70	0	0	0	0	0	0	0	0	0	0	0	0	8D
8E	592	2	6	0	0	0	32	2	0	352	4	9	30	30	0	40	3	11	8E
9	1,120	14	0	1,289	0	100	5	0	2	563	2	33	3	3	0	3,058	0	157	9
10	11,676	5	5	84	2	8	240	11	0	760	16	0	5	5	0	0	0	0	10
11	0	0	0	528	61	19	60	18	0	0	0	0	0	0	0	70	0	29	11
12	0	0	0	26,568	36	624	740	44	85	1,904	13	94	6	6	0	16	3	5	12
13	1,307	0	18	352	4	16	9,623	57	127	0	0	0	0	0	0	1	1	129	13
14	0	0	0	1,798	29	0	2,018	1	60	0	0	0	0	0	0	0	0	0	14
15	1,040	10	0	0	0	0	191	9	1	732	18	2	20	19	1	21	6	0	15
16	0	0	0	0	0	0	192	12	0	0	0	0	7	11	0	0	0	0	16
17/18	1,536	6	6	1,673	2	46	848	14	25	4,200	67	5	15	4	11	2,312	85	202	17/18
19	160	0	4	285	0	6	2,200	0	45	0	0	0	0	0	0	20	0	5	19
20	0	0	0	0	0	0	768	27	8	432	18	0	0	0	0	446	223	0	20
21	426	8	4	3,370	160	0	0	0	0	7,937	68	126	0	0	0	3,615	121	15	21
22	0	0	0	400	20	0	0	0	0	115	1	2	26	20	6	0	0	0	22
TOTAL	29,146	107	55	142,670	1,005	3,454	57,700	1,018	850	22,948	271	384	492	458	78	16,332	756	771	TOTAL
ANNUAL	349,752			1,712,040			692,394			275,376			5,904			195,984			ANNUAL
# AAAs	25			25			25			25			25			25			# AAAs

This information is provided by Area Agencies on Aging.

The Department is not responsible for the accuracy of the data provided by the Area Agencies on Aging.

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Jay W. DeBoer, J.D., Commissioner

MEMORANDUM

TO: Directors
Area Agencies on Aging

FROM: Bill Peterson

DATE: August 19, 2003

SUBJECT: **Registration Materials – Governor’s Conference on Aging**

Attached is the current program and registration form for the 2003 Governor’s Conference on Aging in partnership with AARP.

Attachment



Virginia Governor's Conference on Aging

in partnership with

AARP Virginia

Presents

Caring Choices: Aging in Virginia

A conference for advocates, policymakers and the public to examine and assess aging in Virginia

**September 25 & 26, 2003
Holiday Inn Koger Center
1021 Koger Center Blvd.
Richmond, Virginia**

PURPOSE OF CONFERENCE

This year, there are more than 1.9 million persons over the age of 50 living in Virginia. By the year 2020, that number will increase to over 2.4 million. The purpose of this conference is to bring together policymakers, advocates and the general public to examine the current experience of aging in Virginia and explore ideas for creating a better future. The conference will offer workshops covering a wide array of aging issues, with special tracks focused on older workers and policies and programs that maximize our independence as we age.

LISTENING PANELS

Thursday morning's AARP Public Policy Forum will feature "listening panels" comprised of members of the General Assembly. Members will be given the opportunity to question and respond to the issues raised by forum presenters, thereby providing conference participants a unique opportunity to hear directly from those who will play a major role in determining the future of aging in Virginia.

10-K A DAY WALK

Join First Lady Lisa Collis Friday morning at 6:30 for AARP's "10-K A Day" Walk Through the Park. A program of AARP and the Robert Wood Johnson Foundation's "Active for Life" Campaign, the "10-K A Day" program encourages persons to take at least 10,000 steps a day.

AGENDA

THURSDAY, SEPTEMBER 25

8:00 - 9:00 a.m. Conference Registration

9:00 a.m.

Conference Kick-off: Aging and Aging Options

Secretary of Health and Human Resources Jane Woods;
Commissioner of Department for the Aging Jay DeBoer; AARP
Virginia President Dr. Ruth Nelson

AARP PUBLIC POLICY FORUM

9:15 – 9:30 a.m.

John Rother, Director of Policy and Strategy, AARP
Listening panel of legislators responds.

9:30 a.m. – 10:30 a.m.

"Where is Virginia Today on Aging Issues"

Listening panel of legislators responds.

10:45 a.m. – 12:30 p.m.

"Where Do We Want to Be"

Listening panel of legislators responds.

12:30 – 1:30 p.m. Lunch

"Future of Aging in Virginia"

Dr. Richard Lindsay, Professor *Emeritus*, UVA

2:00 – 3:00 p.m.

"CARING CHOICES: AGING IN VIRGINIA"

MARK WARNER, GOVERNOR OF VIRGINIA

3:30 – 4:15 p.m.

Thursday Workshops

4:30 – 5:15 p.m.

Thursday Workshops (repeated)

5:15 – 6:30 p.m.

Reception in Exhibit Area

6:30 – 8:30 p.m.

A Special Dinner Entertainment Program

FRIDAY, SEPTEMBER 26

6:30 Walk in the Park with First Lady Lisa Collis

7:00 – 8:00 a.m. Continental Breakfast

8:00 a.m.

Caring Choices: Working in Later Life

Jennifer Schram, Manager, Workplace Trends and
Forecasting, Society for Human Resource Management

8:45 – 9:00 a.m.

**Recognition of AARP's 2003 "Best Companies for Workers
over 50" Virginia Winners**

9:00 – 9:45 a.m.

Panel Discussion of Business Leaders

10:00 – 11:00 a.m.

Friday Workshops

11:15 – 12:15 p.m.

Friday Workshops (repeated)

12:30 – 1:30 p.m. Lunch

Chris Hansen

Associate Executive Director, AARP

**Presentation of Ideas on Aging in Virginia to
Secretary Jane Woods
for delivery to Governor Warner**

Will adjourn in time for Holiday Observances

HOTEL INFORMATION

**Holiday Inn Koger Center
1021 Koger Center Blvd.
Richmond, Virginia
1-804-379-3800**

*Limited block of rooms available at special
conference rate.*

Ask for GCA Rate of \$77.00 Single/Double per
night, plus taxes and telecommunications fee.

CUT-OFF DATE IS SEPTEMBER 17TH.

Please contact the hotel directly to make
reservations by calling 804.379.3800 OR
emailing resv@hiselect.rva.com.

Driving Directions

From I-95 S, take Exit 79 Powhite Parkway
(76) keep right to Midlothian Turnpike (Rt
60W). Go 2 miles to Koger Center Blvd., take
right into hotel.

From I-95 N, take Exit 67 Chippenham
Parkway (150). Go 10 miles to Midlothian
Turnpike (Rt 60W). Go 5 miles to Koger Center
Blvd., take right into hotel.

EXHIBITORS AND SPONSORS

**Get Additional Visibility for your
Organization**

For Exhibit and Sponsorship Opportunities,
contact Mariette Klein at mklein@aarp.org or
call 703.645.0755.

WORKSHOPS

THURSDAY WORKSHOPS

Financial Planning, Health Care Options and Independent Living

Will My Money Last?

Examines the four pillars of retirement income security - savings, pensions, social security and work - and discusses challenges in each of these areas as well as health and long-term care costs for future retirees.

Safety Net Programs for an Aging Society

Examines existing safety net programs in Virginia that help low-income seniors maintain their independence and discusses optional approaches for the future.

Legal Tools for Retirement Planning

Examines strengths and limits of wills, trusts, probate and durable powers of attorney and other planning tools and any changes for improved protection of the rights of elders.

Final Details

Examines state policies regarding advance directives, discusses the availability of palliative care services, challenges to effective pain management and barriers to receiving care in the setting of one's choice.

Cost and Quality of Care of Health Care Options – Exploring Solutions for Quality Care

Discusses current health care options and explores solutions for quality care. Special emphasis on the labor shortage and quality of direct care workers, with current research on what states can do to help build a quality workforce to meet growing demands.

What About Nursing Homes?

If Medicare does not pay, who does? Does Medicaid pay for anybody that needs care? What should I know about when looking for a nursing facility? Does a spouse have to become impoverished before Medicaid will pay for nursing facility care for the other spouse?

Prescription Drugs

Examines proposed federal legislation to create a Medicare prescription drug benefit, Medicaid Preferred Drug Lists and their implication for the future, and various manufacturers' prescription drug benefits and practical ways to get access to them.

Home Care: A Solution for Independence

Examines personal care and nursing services, respite care and community programs.

SeniorNavigator.com

Useful Internet resources for seniors and their families.

Maximizing Independence through Assistive Technology

Examines technology and home modifications that can aid those who wish to live independently.

FRIDAY WORKSHOPS

Aging Issues in the Workplace

Making the Workplace Friendly for Older Workers

Explores the advantages of hiring older workers and strategies employers use to attract and retain them.

The Problem of Age Discrimination

Examines the Age Discrimination in Employment Act (ADEA), and related legislation and court cases. Also examines ERISA.

What Older Workers Need to Survive and Thrive in Today's Workplace

Discusses how to remain competitive in today's job market and to understand the changing employment contract. Offers strategies for survival in the workplace. Explores existing and needed resources for older workers.

Work as an Economic Necessity: Empowering Low-income Virginians to Stay in the Workforce

Addresses the needs for economically-disadvantaged mature workers using the Senior Community Service Employment Program (SCSEP) as a best practice model.

This is Not Your Parents' Retirement: Rethinking How to Stay Active

Panel discusses how they made a successful transition from work life to retirement life. Addresses key factors of health care, pensions, savings and insurance that allow broad choices for activities from volunteering to continuing education to leisure.

Family Matters: Balancing Work Life Issues

Examines challenges facing baby boomers, the "sandwich generation" giving care to teenage children and aging parents, and employed grandparents parenting again. Assesses adequacy of resources, the Family Medical Leave Act and legal issues.

REGISTRATION FORM

(Please print clearly.)

NAME: _____

ORGANIZATION: _____

ADDRESS: _____

PHONE: _____ EMAIL: _____

_____ I will attend (does NOT include Dinner on Thursday night):

_____ \$75 Professional _____ \$45 Consumer _____ \$25 Student \$ _____

_____ I will attend the Conference Dinner on Thursday evening. \$ 25.00

_____ Chicken _____ Vegetarian

Total \$ _____

Please make check payable to AARP and send to:

Governor's Conference on Aging, AARP Virginia, 707 E. Main Street, Suite 910, Richmond, VA 23219

You will be sent a confirmation letter or email.